



### 1) **How to Feel Good**

Most of us have been raised with inhibitions, myths, and fallacies (IMFs) on life and how we should live it. Life IMFs are the result of many factors, including: 1) how we were raised, 2) how our parents were raised, 3) the part of the country in which we were raised, 4) our religion, 5) our ethnic background, and 6) society's attitude toward women and their roles, and so on. This session will focus on self-renewal and self-expectancy regardless of the IMFs that we have encountered in life. Learning to live and love life is a viable component to the overall health and wellness one experiences!

### 2) **How to End Each Day With More Energy Than You Started**

It's been said that the best way to predict the future is to create it. While obviously there is a great deal that is out of your control with respect to events that have not occurred yet, you should at least have some control over how you spend your time from the beginning of the day to the end of the day. This session will discuss how you can ensure you use your time intelligently by learning how to imagine in advance how the end of your day will be before it begins. This will be more than just writing down a "to-do" list. This will be a form of mental programming.

### 3) **Why Are You Here? Discovering Your Personal Mission Statement**

What drives behaviors? What motivates you to do what you do? How can we reach our goals? Using introspection and guided activities, this presentation will help you develop a mission statement driven action plan for life that will help you reach your goals and give you a guide for helping others reach their goals.

### 4) **Building Healthy Work Cultures**

Healthy work cultures do not happen by accident. Cultures are built upon two variables: the emotional strength of its members, and the quality of interaction those members have with one another. Wellness Leaders, leaders who build healthy cultures (Wellness Cultures), do not subscribe to the theory that "the traditional work ethic is dead," or that "you just can't find good help anymore." Rather, Wellness Leaders proactively build individuals and processes, rather than waste their time attempting to fix people and problems after the fact. "Building Healthy Work Cultures" will allow leaders to take apart and examine the elements of their culture so that they can effectively focus and enrich the cause variables - those variables that have profound effects on productivity, job satisfaction, and the bottom line. Once the essential elements of a healthy culture are identified, effective leaders place their focus on building them.

### 5) **Connection: The Currency of Wellness**

Wellness approaches life from the perspective that all human beings function at four levels: the physical, intellectual, emotional and spiritual levels. For optimum health we need to look at the whole person. Each of these levels has an impact on the well-being of an individual. Just picking the dimension of wellness that you like and ignoring the others doesn't work in the long run. This session will delve into the four functioning levels of human beings and discuss their connection to one another.

### 6) **Creating Ideal Work Environment for Health and Wellness Promotion**

Creating a healthy work environment is good business. This session titled “Creating Ideal Work Environment for Health and Wellness Promotion” is geared to foster a sense of community, a shared vision and a positive outlook on health and wellness promotion. There are tools designed to aid in cultivating a social climate that supports individual and organizational growth. This session will help teach educational leaders, managers and supervisors how to assess their work atmosphere and assists in developing an action plan for creating a more cohesive, healthier and more productive work group.

### 7) **Creating a Conscious Culture of Healthy Relationships**

Culture determines how fully people take ownership for the success of the organization. In an unhealthy culture you find decision-paralysis, poor accountability, blame-shifting and hiding mistakes, and the use of fear to motivate. Healthy cultures have a very different feeling: The organization regularly meets its targets, work is purposeful and focused, there is pride and energy, and people have a sincere positive connection to the customer. This session will focus on creating a conscious culture of healthy relationships.

### 8) **Management Coaching: Healthy Workplace...One Conversation At A Time**

“People are our greatest assets.” You've heard this before. You may even say it. But how many of your employees continue to complain that their employers' management, communications, and leadership skills are woefully lacking? This session will provide information from outsourced coaching and mentoring professionals on how to appropriately create a healthy workplace environment through the use of conventional conversations and discuss the impact it has within the workplace environment.

### 9) **The Impact of Incentives on Health Assessment Participation**

This session promises to provide participants programming ideas for immediate implementation that will add new life and spice to their programs. Discussions on the core principles of successful incentive strategies that have been integrated with benefits will occur with many worksite examples. If you are looking for a fun, fast paced session that challenges your creativity and innovation, then this is the workshop to choose!

### 10) **How To Be The Best Boss**

This session will discuss the importance of employees executing their jobs well and what is needed in order for that to happen. Employees need teachers, coaches, cheerleaders and mentors. A boss can be whatever is needed for them and should relish at the opportunity. Employees do not really want their boss to be a father figure, second mother, best friend, soul mate, or even confidant. They want them to be their boss! A strategy-mapping, consistent, objective, organized and predictable boss with an inspiring vision, and a boss who has the same high expectations for everyone they manage — including themselves is definitely information you will walk away with.

### 11) **Weight Management – Society’s Massive Problem: Motivational Interventions – Our Effective Solution**

Two thirds of Americans are considered overweight, while 25% are obese. Obesity is the most common health problem facing U.S. today, regardless of ethnicity, gender, or socioeconomic status. Lack of preplanning and interventions tend to be a threat to the safety of individuals as they live with this problem. This session will focus on motivational interventions that can be incorporated into a workplace health and wellness program as an effective solution to some of the weight management concerns within society.

### 12) **Breaking The Sugar-Stress Cycle**

How many times have we pushed ourselves too hard or worried too much about deadlines or problems? Ever get overwhelmed and decide to self-medicate with a chocolate bar? Sugary foods, in most cases, are used as a mechanism to cope in stressful situations. We also find ourselves consuming too much caffeine, or there is a lack of exercise in our routines, we are irritable at home, we have somehow increased in weight, we sometimes experience lack of sleep, or we experience an increase in tension when work demands are brought to our attention. This session will focus on how we can begin to break the sugar-stress cycle that many of us have become accustomed to and learn other methods of dealing with the stress we experience.

### 13) **The Economics of Your Emotional Balance: Creating a Surplus of Positive Emotions for Overall Wellness**

In this session, educators will have an opportunity to explore basic capacities, including attitudes, aptitudes and skills underlying the learning process. These capacities also may be seen as the basis of the development of “an educated person” or a “good person.” They can be grouped under the headings of: emotional; self-reflective and self-directed; meaning-making; contemplative; ethical; caring and social; ecological and bodily awareness; and creative. Educators will reflect on their personal knowledge of these capacities in their personal lives, in their lives as teachers, and in their classroom curriculum. This session will offer concrete examples in both readings and in-class experiences. Working both individually and in groups, educators will begin to design a program relevant to their educational setting.

### 14) **Fitness After 40: Smart Activity Programs for the Second Half of Life**

While the spirit may be willing, experts say, by the time you're 40 or older, your body needs a little extra attention if you are to benefit in both the short and the long run. To help put you on the path to a fit and healthy future, this session will offer guidelines to help ensure your midlife workout plan is a success.

### 15) **Cross-Fit Experience**

Experience the latest fitness craze! Have the best of both worlds – the camaraderie of group experience but with the results of hard-core training. The goal of this experience is to learn how to “spice up” your current workouts and expedite your results! If you are looking for fun and a challenging experience, this is for you!

### 16) **How to Lose Weight Without Starving Yourself!**

Did you know you need food to lose weight? What if you could eat more of what you wanted and still shed the pounds? This session will show you how to make better food choices that will maximize calorie burn and reduce that troublesome belly fat.

### 17) **How to Make Yourself Irreplaceable**

You are one of a kind and everyone within your work environment is one of a kind as well. Learn what it takes to be invaluable! ([Learn how to tell your story! People do things either out of fear or respect for you.](#))

## 18) Reaching Your Goal

We are told to write our visions down and make them plain. For some, this can be a daunting task because it is difficult sometimes to really believe that our visions are truly attainable. This session will help you to focus on the vision you have for yourself physically and provide you with the knowledge you need to attain and possibly surpass that vision!